

# Beans, Black

This unprocessed commodity is used as a protein source in all categories of programs. Local tastes and preferences differ. U.S. dry beans come in many varieties with different size, color and taste characteristics. When ordering, please specify Black Bean and any alternates that are culturally acceptable.

## 1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

## 2. COMPONENTS

100% Black Beans

## 3. SPECIFICATIONS

Black Beans shall be grade U.S. No. 2 or better. Beans may include up to 5 percent total defects due to surface dirt which is readily removed during processing, and shall meet the specifications for the class(es) of beans listed in the "U.S. Standards for Beans."

(Source: USDA:FSA:PDD:EOB December, 1997.

Contact 202-690-3565.

<http://www.fas.usda.gov/excredits/pl480/commodities/peabeans.htm>)

## 4. PACKAGING

50-kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

## 5. SHELF LIFE

At least one year. Dry beans will keep indefinitely if stored in a dry place. Cooking time will increase as beans age beyond one year. See "Section III: Storage/Shelf Life Specifications" for more information.

| Nutrient             | Amount | Unit   |
|----------------------|--------|--------|
| Water                | 11.02  | g      |
| Energy               | 341.0  | Kcal   |
| Protein              | 21.6   | g      |
| Total Lipid          | 1.42   | g      |
| Carbohydrate         | 62.37  | g      |
| Fiber, total dietary | 15.2   | g      |
| Ash                  | 3.6    | g      |
| Calcium              | 123.0  | mg     |
| Iron                 | 5.02   | mg     |
| Magnesium            | 171    | mg     |
| Phosphorus           | 352    | mg     |
| Potassium            | 1483   | mg     |
| Sodium               | 5.0    | mg     |
| Zinc                 | 3.6    | mg     |
| Copper               | 0.841  | mg     |
| Manganese            | 1.06   | mg     |
| Selenium             | 3.2    | mcg    |
| Vitamin C            | 0.0    | mg     |
| Thiamin              | 0.8    | mg     |
| Riboflavin           | 0.193  | mg     |
| Niacin               | 1.955  | mg     |
| Pantothenic acid     | 0.899  | mg     |
| Vitamin B-6          | 0.286  | mg     |
| Folate               | 444.3  | mcg    |
| Vitamin B-12         | 0.0    | mcg    |
| Vitamin A            | 17.0   | IU     |
| Vitamin E            | n/a    | mg-ATE |
| Vitamin D            | n/a    | IU     |
| Iodine               | n/a    | mcg    |